

# Baby On Board

## Expert Advice For Family Trips With Your Infant

(NAPSA)—In 2002, more than one billion Americans will hit the road, according to the American Automobile Association, and many of them will travel with infants. In fact, this past summer nearly three out of four families with infants planned to take a trip with a baby, according to a survey conducted by the makers of Enfamil® infant formula.

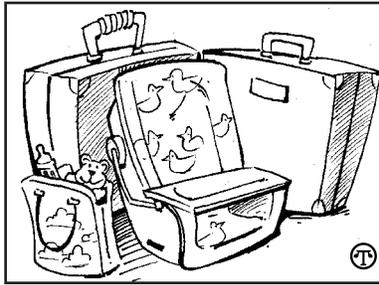
Marybeth Bond, author of *Gutsy Mamas: Travel Tips and Wisdom for Mothers on the Road*, and the experts at Enfamil have some advice to help make any trip with your infant go smoothly.

“It’s best to keep babies on a regular schedule, so as much as possible, try to maintain the baby’s routine when it comes to naptime and feeding,” says Bond. “There are a host of products that will help make your trip easier, so take advantage of them. A little preparation can prevent a lot of anxiety down the road.”

Bond also recommends that you consider the environment to which you are traveling before packing larger equipment. For instance, strollers are great for cities while child carriers work better on beaches, amusement parks and rural areas with uneven pavement.

### **The ABCs to Getting Your Baby’s ZZZs**

Babies are adaptable travel companions and are mostly content wherever you go. Sticking to a regular sleeping schedule will increase your chances of keeping your baby happy and relaxed when on the road. Babies can fall



asleep just about anywhere and most sleep well in cars, so when you schedule your daily driving time take your baby’s patterns into account. Try to make car time and naptime coincide so you and your baby will be in a good mood after the trip—just in time for sightseeing.

### **Feeding as Simple as 1-2-3**

Don’t shortchange nutrition while on the road—make stops for your baby’s regular feedings and, if you are bottle-feeding, take advantage of products that can help simplify your travel life. For example, instead of lugging along full-size canisters of infant formula and fumbling in the car with a measuring scoop, try Enfamil Easy Ones™ pre-measured single-serve packets of formula powder. Jars of unopened baby food are easy to stow in your diaper bag and great insurance for those long airplane trips.

### **Safety First**

Babies can accompany you on almost any adventure as long as you plan ahead and keep safety top of mind. Keep your baby in a car seat appropriate for his or her age and weight and always seat him or her in the back seat. If

your child is under 12 months and under 20 pounds, the seat should face the rear of the vehicle. Remember to dress your baby in clothes that keep legs free and comfortable on long drives.

When visiting the homes of family and friends, always make sure harmful objects are out of your baby’s reach. Don’t assume every house is “baby-proof,” and be on the lookout for sharp objects and anything that can be swallowed, including buttons, balloons and toys. If your baby has already started crawling and moving around, make sure all stairway doors are closed and find out if safety gates can be placed at the tops and bottoms of stairs.

Bond advises that planning your vacation in order to keep your family safe and happy will enable you to make the most of any family trip, whether it means driving 200 miles or flying 2,000 miles. “Taking a few easy steps toward a successful trip can make all the difference,” says Bond. “Most importantly, remember that family trips often make great family memories—so be sure to relax and enjoy.”

Enfamil® infant formula is manufactured by Mead Johnson Nutritionals, a world leader in nutrition, recognized for developing and marketing high quality products that meet the nutritional and lifestyle needs of children and adults of all ages. Mead Johnson Nutritionals is a Bristol-Meyers Squibb Company. For more information about Enfamil and traveling with infants, call 1-800-BABY-123 or visit [www.enfamil.com](http://www.enfamil.com).